



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 20023, Cornmeal, yellow, self-rising, bolted, plain, enriched

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	12.59	442	0.037	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1397	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein	g	8.28	--	0.111	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	3.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	5.45	--	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	70.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	6.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
<strong>Minerals</strong>													
Calcium, Ca	mg	361	--	6.875	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	5.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	804	--	16.370	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	255	--	48.005	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1247	--	156.251	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	2.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.498	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.661	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	5.291	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Pantothenic acid	mg	0.425	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	μg	233	--	--	--	--	--	--	--	--	Calculated or imputed	20022	05/2003
Folic acid	μg	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Folate, food	μg	57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Folate, DFE	µg	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	469	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.478	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.408	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.054	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.897	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.003	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.894	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	1.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	1.503	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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18:3 undifferentiated	g	0.047	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	1.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.419	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Histidine	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.554	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.723	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													